

**I CLAIM:**

1. A device for aerobic exercise, comprising:
  - a base frame; and
  - a resilient bladder body mounted on said base frame,

5       said bladder body having a bottom wall disposed on said base frame and having a first rim, a curved surrounding wall with a second rim connected to said first rim of said bottom wall so as to define a fluid-receiving space, and a surrounding flange extending downwardly from said

10      second rim of said curved surrounding wall and disposed to surround said base frame, said curved surrounding wall having a top wall portion, and a curved surrounding wall portion connected to said top wall portion and formed with said second rim, said bladder body defining

15      a first axis that passes through a center of said bottom wall and along which said bottom wall has a width, and a second axis which passes through the center of said bottom wall and said top wall portion of said surrounding wall, which is transverse to the first axis and along

20      which said curved surrounding wall has a maximum height less than the width of said bottom wall, said top wall portion having a rigidity greater than that of said surrounding wall portion and less than that of said bottom wall.

25      2. The device as claimed in Claim 1, wherein said top wall portion of said surrounding wall has a slightly convex outer surface.

3. The device as claimed in Claim 1, wherein said top wall portion of said surrounding wall has an outer surface formed with a spiral reinforcing rib.
4. The device as claimed in Claim 1, wherein said bottom  
5 wall has an outer surface formed with a plurality of treads.
5. The device as claimed in Claim 1, wherein said surrounding wall has an outer surface formed with a plurality of rounded projections.
- 10 6. The device as claimed in Claim 1, wherein said bottom wall is generally rectangular in shape and has rounded corners, and the maximum height is less than a minimum width of said bottom wall.
7. The device as claimed in Claim 1, further comprising  
15 a plurality of fasteners for fastening said surrounding flange to said base frame.
8. The device as claimed in Claim 1, further comprising a plurality of pull cords, each of which is connected to said base frame at one end.
- 20 9. The device as claimed in Claim 8, wherein each of said pull cords is elastic.
10. The device as claimed in Claim 8, wherein said base frame is provided with a plurality of hooks for connecting with said pull cords, respectively.
- 25 11. The device as claimed in Claim 1, wherein said base frame includes a looped outer frame portion and a plurality of reinforcing members disposed in and

connected to said outer frame portion, said bottom wall of said bladder body being formed with a plurality of receiving grooves for receiving said reinforcing members, respectively.

5 12. The device as claimed in Claim 1, wherein said base frame has a bottom side with a plurality of anti-slip pads mounted thereon.

10 13. The device as claimed in Claim 1, wherein said base frame has a top surface formed with a plurality of anti-slip treads.

14. The device as claimed in Claim 1, wherein said base frame has a curved top surface.

15. The device as claimed in Claim 13, wherein said top surface of said base frame is slightly convex.

15 16. The device as claimed in Claim 1, wherein said base frame has a substantially planar top surface.